



**FOOT & ANKLE
ASSOCIATES INC.** TM
Diabetic Foot Center TM
"A Wound Healing Center"

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**Diplomate, American Board of Podiatric Surgery
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**Diplomate, American Board
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**Board Certified American Board
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Endoscopic Plantar Fasciotomy (Heel Spur Syndrome) **Post Operative Instructions**

1. For the success of the procedure it is important you DO NOT stay in bed. Assume normal activities around the house but refrain from walking or standing for long continuous periods. Be fully weight bearing with your surgical shoe, no wheelchairs or crutches.
2. Start a stretching program the night of the surgery. Put a towel around the ball of the foot and grasp both ends firmly. Pull back towards you and hold for 15 seconds release for 15 seconds and repeat. Do this for 20 minutes 4 times a day. Don't turn your foot in towards your other foot. THIS IS VERY IMPORTANT FOR THE SUCCESS OF THE PROCEDURE.
3. You may start getting the foot wet after the sutures are removed. DO NOT remove or pull your sutures. Apply antibiotic cream and a Band-Aid to the incision twice a day. We will remove the sutures.
4. On the 3rd or 4th day after surgery wear your regular shoes, something comfortable like a tennis shoe, or any tie shoe.
5. Return to orthotic use after 7 days.
6. Back to work on the 3rd or 4th day unless your job requires long periods of standing then 7-8 days.
7. You may begin a walking program after 3-4 weeks.
8. Running and sports should not be resumed until 6-8 weeks. Ask the doctor for advice before beginning.
9. If you have any questions of problems call our office, Santa Fe 982-0123, Las Vegas 454-0123, or out of town 1-888-982-0123 Toll Free.

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